

SENIOR HAPPENINGS

SEPTEMBER/OCTOBER 2019



Where's
Seamus?

CLINTON COUNCIL ON AGING

271 Church Street, Clinton, MA 01510

Telephone: 978-733-4747

Hours of Operation:

Monday - Friday 8:30AM to 3:30 PM



Our Center

"It's Our Time"



Clinton Senior Center Staff Directory

Executive Director– Debra Goodsell ext. 302
Outreach Program Manager- Donna Joyce-Baird ext. 303
Assistant Director and Volunteer Coordinator
Sherri Brown ext. 304
Transportation Dispatcher– David Derezinski ext. 309
Program Coordinator- Allyson McElhiney ext. 307
Meal Site Manager– Stephanie Cerutti ext. 305

Clinton Council on Aging Board

Chairman– Austin Philbin
Vice Chairman– Debra McMahon-Cote

Board Members

James Gibbons, JoLisa Chouinard
Claire Lent & Steven Mendoza, Jr.

*Clinton Council on Aging meets the 2nd Monday of
each month at 3:45 pm at the Clinton Senior Center.*

Meetings are open to the public.

“The Friends” of the Clinton Senior Center Board Members include:

Sheila Azorandia, Nadine Baer, Karen Bailey, Mary B. Curran,
Zora Fitch, Joyce Downing, Sally Lefebvre, Peg Murphy,
Mabel O'Malley, Elaine Patterson,
Diane Philbin, Carole Saal, & Judy Vaghini.

The Friends' Board wishes to thank everyone who helped make our Chicken Shoot a huge success. We especially thank Alan Gage and Dave Goodale for their time and invaluable help. Thanks also to Turner Hall and all who contributed to our prizes, including the anonymous donor of the huge “Garden Basket” for our raffle. Last, but emphatically not least, our great gratitude to all who came out and participated in our fun afternoon. We appreciate your generosity so much. Thanks for helping our Seniors.

“Memorial” or “In Honor of” Donations

Donation Amount \$ _____ **Date:** _____

The Purpose of “The Friends” is to supplement the budget of the Clinton Council on Aging with their efforts to provide services and programs designed to enrich the quality of life for Clinton's seniors who seek them at the Clinton Senior Center.

(Please Print)

Donor's Name _____

Address _____

City _____ State _____ Zip _____

Please Circle: **In Memory** or **In Honor**

(Please Print)

In honor of/ In memory of:

Name: _____

Please notify the following individual (s). *(Please Print)*

Name _____

Address _____

City _____ State _____ Zip _____

The Name of Donor and Donee will be recognized in
The Clinton Council on Aging's Happenings Newsletter.

Thank you

Return to: Clinton Senior Center
271 Church St., Clinton, MA. 01510

Donations may be made to either:
**The Clinton Senior Center Building Fund or
“The Friends” of the Clinton Senior Center.**

Join the “Friends of the Clinton Senior Center” Fundraiser Group

Become a “New” friend or renew your Membership to the Friends of the Clinton Senior Center Group for the year 2019.

Membership Application

January 1, 2020 to December 31, 2020

Lifetime Membership \$50 _____

Individual \$5 _____ Couple/Family \$10 _____ Student \$1 _____

Business/Corporate Sponsor \$25 _____ \$50 _____ \$100 _____

Would you volunteer for a particular event or give of your time?

What and/or When? _____

NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

Join us at our upcoming meetings on
September 13 & October 11 at the
Clinton Senior Center at **1:00 PM.**
ALL ARE WELCOME TO ATTEND.

Programs are subject to change without notice.
**Updates are posted on our Facebook page or you
may call the Center prior to an event.**

"MacArts" Creative Art Class

Bev McCarthy's classes will take place on
Sept. 6 and October 4 at 10:00 am.
September 6- Fall Mason Jar Decor
October 4- Create your own Candy Jar
Pre-Registration is required.

Strength and Balance Fitness Class

Use it or lose it!

with Kristin Higgins of **Center Balance** is held
Mondays at 9:00 am and Thursdays at 8:30 am
Drop-ins welcome!



Dull Men's Club with Terry Ingano

Sept. 3- Topic: Classic Toys

**Oct. 1- 9:00 am
TRIVIA Contest**

(see ad below)

WILD WOMEN WEDNESDAY

Led by our own wild women-
Pat O'Malley & Marilyn Moran

**September 11th at 9:00 am
and October 1st at 9:00 am- Trivia Contest**

***Wild Women vs. Dull Men
Trivia Competition- 10/1 at 9 am
Come watch and enjoy the show.***



YOGA-

2nd and 4th Fridays, 1:00 pm at
Clinton Senior Center

YOGA-

Thursdays, 10:15 a.m. at
Wachusett Wellness located at 150
School St. #106



Knitting and Crocheting Group
meets every Wednesday in Activity
Room at 9:00 am
All levels are encouraged to attend.

Instructor available.

Bone Density Program & Screening
presented by the VNA CARE.

Basic information is provided regarding
Osteoporosis and treatment options.

Wednesday, October 30th at 12:30 pm.
Screenings will be performed every 15 minutes
for those who register.

Register by calling 978-733-4747 ext. 307



Art Classes-

Tuesdays at 1:00 pm

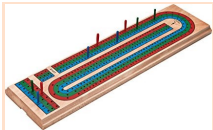
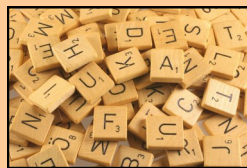
Join us every Tuesday for the
Beginner & Intermediate artists.

Come and paint watercolors, acrylics, or oils.
No experience or supplies needed. Bring yourself and
your creative ideas. **NEW Instructor: Andrea Driscoll**

Board Games

with Lorraine!

Every Tuesday at 1:00pm
New players welcome!

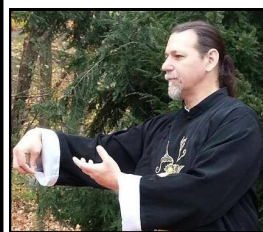


Cribbage is played every
Thursday at 9:30 am

Cards are played every
Tuesday at 12:30 pm



New players welcome!



Strengthen your body with

TAI CHI

Tuesdays from

11 am- noon

**Clinton Parks & Rec
building located at 560**

High St. *Instructor: Jeff Coté

**Classes are FREE for Clinton Seniors
and \$5.00 for all others**

Enjoy the health benefits of **Meditation**

Wednesdays at 2:00 p.m. Open to the public.

WELLNESS CHECKS- Clinton's

Town Nurse, Lorraine Caouette

is at the Senior Center every
Thursday from 9:30 am to 11:30 am
to check blood pressures, discuss
medications, answer your questions
and chat about your health.



Living with Loss

It is a self-led group for those who are learning to live
each day without their loved one present. .

1:00-2:00 p.m.

September 16th & October 21st

More Regular Programs & Activities



Veteran's Breakfast Buffet & Social

Our "Thank you" to all
our Veterans.

**September 20th &
October 18 at 9:00 am**

Healthy Habits
Every Wednesday
12:30 pm to 1:30 pm
with Kristin Higgins

Weigh in between
noon-12:30pm

Join us as we learn how to
be the healthiest version of
ourselves.



WALKING CLUB

Now that the warm
weather is finally here!

Walks will take place on
Mondays from noon to
1:00 pm Meet at the
Clinton Senior Center.

Technology & Learning

**September 11
&
October 9 at 10:00 am**

Technology Consultant,
David Derezinski, of D2 Solutions will
be at the Center to answer your questions
&

help you get the most out of your cell
phones, laptops, tablets, iPads, etc.
Feel free to bring in your portable
devices for help & basic troubleshooting.

Computers, tablets and Wi-Fi are
available at the Senior Center.

We will celebrate
**BIRTHDAYS
OF THE MONTH**
Sept. 25 &
Oct. 30 at
11:30 am following
lunch.

Come celebrate with us!

*Sponsored by
Navicare*



TIPPED FOR **DECORATING**



Cake Decorating

**Tuesday, September 3 &
October 1 @ 1:00 PM**

\$5.00 due upon registration

Learn to decorate with the famous
Cake Lady, Dianne Rockwell!

Create a cake almost too
beautiful to eat.

No experience required.

No baking required.

Take your cake home!

Limited space/ Register today!

¡Clase de Inglés!
Jueves a las 10:30
con Instructor
Marita Wallace



**BEGINNERS
SPANISH CLASS
THURSDAYS
9:30-10:30**

Instructor: Marita Wallace
(Advanced class meets on
Wednesdays at 10:30 am)

Play Mah Jongg!

Every Friday @ 1PM
No experience required.
We will teach you!
New players welcome!



Meals on Wheels and Lunch at the Center

Meals on Wheels—Montachusett Opportunity Council

MOC offers meals delivered by volunteers each day to homebound
persons.

To enroll, call MOC at 978-345-8501, ext 1

MOC Lunch at the Senior Center

MOC also provides a daily meal at the Center **Monday-Friday** for a
suggested donation of **\$3.00**.

Lunch is served daily at 11:30 am.

Sign up is **REQUIRED!**



**"SUBSTITUTE" MEALS ON WHEELS DRIVERS
ARE NEEDED— CONTACT STEPHANIE AT
978-733-4747 TO LEARN MORE**

Book Club— will meet at the Clinton
Senior Center on Wednesday,
September 18 to

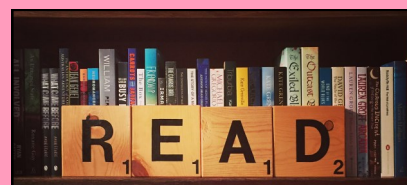
discuss


"Everything I Never Told you" by
Celeste Ng

October 16 to discuss

"Have You Seen Luis Velez"
by Catherine Hyde

Discussions begin at 2:00 pm.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>We will be CLOSED TO OBSERVE Labor DAY</p>	<p>3</p> <p>9:00 DULL MEN'S CLUB 9:30 Rincon Latino 10:00 Senator Tran's Office Representative 11:00 Tai Chi 11:30 Lunch 12:30 Cards 1:00 Cake Decorating 1:00 Art Class 1:00 Board Games</p>	<p>4</p> <p>9:00 SHINE 9:00 Knitting Group 10:00 NAVIGATING MEDICARE by Integrity Medicare Advisors 10:30 Advanced Spanish 11:30 Center Meal 12:30 Healthy Habits 2:00 Meditation</p>	<p>5</p> <p>8:30 Strength & Balance 9:30 Wellness Checks 9:30 Cribbage 9:30 Beginners Spanish 10:15 Chair Yoga (WW) 10:30 Beginners English 11:30 Lunch 12:30 Bingo</p>	<p>6</p> <p>10:00 MacARTS 11:30 Lunch 1:00 Mah-jongg</p> <p>September 8- GRANDPARENTS' DAY</p>
<p>9</p> <p>9:00 Strength & Balance 11:30 Lunch 12:00 Walking Club 12:30 Bingo</p> <p>3:45 Council on Aging Meeting</p> <p>MGM CASINO TRIP</p>	<p>10</p> <p>10:00 Senator Tran's Office Representative 11:00 Tai Chi 11:30 Lunch 1:00 Art Class 12:30 Cards 1:00 Board Games</p>	<p>11</p> <p>9:00 WILD WOMEN 9:00 Knitting Group 10:00 Tech Time 10:30 Advanced Spanish 11:30 Center Meal 12:30 Healthy Habits 2:00 Meditation</p>	<p>12</p> <p>8:30 Strength & Balance 9:30 Wellness Checks 9:30 Cribbage 9:30 Beginners Spanish 9:30 Fraud Brigade 10:00 Senior Whole Health 10:15 Chair Yoga (WW) 10:30 Beginners English 11:30 Lunch 12:30 Bingo</p>	<p>13</p> <p>11:30 Lunch 1:00 Chair YOGA 1:00 Friends' Mtg. 1:00 Mah-jongg</p> <p>September 14- Olde Home Days</p>
<p>16</p> <p>9:00 Strength & Balance 11:30 Lunch 12:00 Walking Club 12:30 Bingo 1:00 Living with Loss</p>	<p>17</p> <p>9:30 Rincon Latino 10:00 Senator Tran's Office Representative 10:30 ESTATE PLANNING with Atty. Bill O'Neil 11:00 Tai Chi 11:30 Lunch 12:30 Cards 1:00 Art Class 1:00 Board Games</p>	<p>18</p> <p>9:00 SHINE 9:00 Knitting Group 10:30 Advanced Spanish 10:30 VNA Nurse 11:30 Lunch 12:30 Healthy Habits 2:00 Meditation 2:00 Book Club</p>	<p>19</p> <p>8:30 Strength & Balance 9:30 Wellness Checks 9:30 Cribbage 9:30 Beginners Spanish 10:15 Chair Yoga (WW) 10:30 Beginners English 11:30 Lunch 12:30 Bingo</p>	<p>20</p> <p>9 AM TO 10 AM VETERANS' BREAKFAST BUFFET & SOCIAL</p> <p>11:30 Lunch 1:00 Mah-jongg</p> <p>5-6 pm GO4LIFE FAMILY FUN WALK</p>
<p>23</p> <p>9:00 Strength & Balance 11:30 Lunch 12:00 Walking Club 12:30 Bingo</p>	<p>24</p> <p>10:00 TROUBLE SLEEPING Presentation by Mass Lung & Allergy Sleep Center 10:00 Senator Tran's Office Representative 10:00 Fallon Member Mtg. 10:00 American Bandstand Revisited 11:00 Tai Chi 11:30 Lunch 12:30 Cards 1:00 Art Class 1:00 Board Games</p>	<p>25</p> <p>9:00 Knitting Group 10:30 Advanced Spanish 11:30 Center Meal 11:30 Monthly Birthday Cake 12:30 Healthy Habits 2:00 Meditation</p>	<p>26</p> <p>8:30 Strength & Balance 9:30 Wellness Checks 9:30 Cribbage 9:30 Beginners Spanish 10:15 Chair Yoga (WW) 10:30 Beginners English 11:30 Lunch 12:30 Bingo Pizza Party 2:00 Bereavement Support Group</p>	<p>27</p> <p>9:00 Pancake & Sausage Breakfast 11:30 Lunch 1:00 Chair YOGA 1:00 Mah-jongg</p> <p>September 29- Red Sox Game Trip</p>
<p>30</p> <p>9:00 Strength & Balance 9:30 Caregiver's Connect- Clinton 11:30 Lunch 12:00-1 Walking Club 12:30 Bingo</p>				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 TRIVIA CONTEST Dull Men vs. Wild Women 9:30 Rincon Latino 10:00 Senator Tran's Office Representative 11:00 Tai Chi 11:30 Lunch 12:30 Cards 1:00 Cake Decorating 1:00 Art Group 1:00 Board Games	9:00 SHINE 9:00 Knitting Group 10:00 What to Know...Before You Go? with Tom Comeau of Philbin/ Comeau Funeral Home 10:30 Advanced Spanish 11:30 Center Meal 12:30 Healthy Habits 2:00 Meditation	8:30 Strength & Balance 9:30 Wellness Checks 9:30 Cribbage 9:30 Beginners Spanish 9:30 Fraud Brigade 10:15 Chair Yoga (WW) 10:30 Beginners English 11:30 Lunch 12:30 Bingo	10:00 MacARTS 11:30 Lunch 1:00 Mah-jongg
9:00 Strength & Balance 11:30 Lunch 12:00 Walking Club 12:30 Bingo 3:45 pm Council on Aging Board Meeting	10:00 Senator Tran's Office Representative 11:00 Tai Chi 11:30 Lunch 12:30 Cards 1:00 Art Class 1:00 Board Games	9:00 Knitting Group 9:00-11 Make & Take Sign Making Class with Life Expressions Decor 10:00 Tech Time 10:30 Advanced Spanish 11:30 Lunch 12:30 Healthy Habits 2:00 Meditation	8:30 Strength & Balance 9:30 Wellness Checks 9:30 Cribbage 9:30 Beginners Spanish 10:00 Senior Whole Health 10:15 Chair Yoga (WW) 10:30 Beginners English 11:30 Lunch 12:30 Bingo	10:00 MEDICAL MARIJUANA- Q & A with Dr. David Getz 11:30 Lunch 1:00 Mah-jongg 1:00 Friends Mtg. 1:00 Chair YOGA
	9:30 Rincon Latino 10:00 Senator Tran's Office Representative 10:00 Intro to Genealogy 11:00 Tai Chi 11:30 Lunch 12:30 Cards 1:00 Art Class 1:00 Board Games	9:00 SHINE 9:00 Knitting Group 10:30 Advanced Spanish 11:30 Center Meal 12:30 Healthy Habits 2:00 Meditation 2:00 Book Club	8:30 Strength & Balance 9:30 Wellness Checks 9:30 Cribbage 9:30 Beginners Spanish 10:15 Chair Yoga (WW) 10:30 Beginners English 11:30 Lunch 12:30 Bingo PEABODY-ESSEX MUSEUM TRIP	9 AM TO 10 AM VETERANS' BREAKFAST BUFFET & SOCIAL 11:30 Lunch 1:00 Mah-jongg
9:00 Strength & Balance 11:30 Lunch 12:00 Walking Club 12:30 Bingo 1:00 Living with Loss TICKETS ON SALE FOR THANKSGIVING LUNCHEON -\$5 pp	10:00 Senator Tran's Office Representative 10:00 Fallon Member Presentation 10:00 American Bandstand Revisted 11:00 Tai Chi @ CSC 11:30 Lunch 12:30 Cards 1:00 Art Class 1:00 Board Games	9:00 Knitting Group 10:30 Advanced Spanish 11:30 Center Meal 12:30 Healthy Habits 2:00 Meditation	8:30 Strength & Balance 9:30 Wellness Checks 9:30 Cribbage 9:30 Beginners Spanish 10:15 Chair Yoga (WW) 10:30 Beginners English 11:30 Lunch 12:30 Bingo 2:00 Bereavement Group	9:00 Pancake & Sausage Breakfast 11:30 Lunch 1:00 Chair YOGA 1:00 Mah-jongg 4-6 pm HALLOWEEN PARTY
9:00 Strength & Balance 9:30 Caregiver's Connect—Sterling Sr. Center 11:30 Lunch 12:00 Walking Club 12:30 Bingo	9:30 Rincon Latino 10:00 Senator Tran's Office Representative 11:00 Tai Chi 11:30 Lunch 12:30 Cards 1:00 Art Class 1:00 Board Games	9:00 Knitting Group 10:30 Advanced Spanish 11:30 Center Meal 11:30 Monthly Birthday Cake 12:30 Healthy Habits 12:30 Bone Density presented by VNA 2:00 Meditation	8:30 Strength & Balance 9:30 Wellness Checks 9:30 Cribbage 9:30 Beginners Spanish 10:15 Chair Yoga (WW) 10:30 Beginners English 11:30 Lunch 12:30 Bingo	

FALL DAYS

E	Q	Y	M	H	R	D	W	C	C	N	E	R	O	C
U	G	E	R	I	F	N	O	B	I	G	E	C	S	O
P	U	M	P	K	I	N	S	R	G	D	H	L	E	J
L	R	C	T	V	T	U	E	H	C	E	E	F	V	D
N	J	C	C	H	G	G	O	Y	S	H	S	R	A	R
R	D	G	Z	G	A	S	S	T	F	E	A	T	E	H
N	B	B	P	I	T	N	N	O	A	E	N	R	L	M
E	M	I	L	K	O	U	K	S	C	M	A	R	D	D
E	C	O	R	N	T	T	O	S	U	M	C	S	X	S
W	F	K	I	S	T	N	J	T	G	L	E	W	T	Y
O	A	H	Z	O	T	Q	U	V	I	I	E	I	V	R
L	L	P	Z	G	S	A	K	A	W	Z	V	N	O	Y
L	L	T	S	O	R	F	R	Q	C	G	R	I	P	Y
A	Q	I	O	K	T	R	A	D	I	T	I	O	N	S
H	S	T	S	E	V	R	A	H	W	S	N	N	N	G

Word Search

HALLOWEEN
CORN
BONFIRE
THANKSGIVING
CIDER
CHESTNUTS
HARVEST
LEAVES
PUMPKINS
ORCHARDS
FEAST
FALL
FOLIAGE
GHOST
FROST
TRADITIONS
SEASONS
AUTUMN



Every Monday & Thursday @ 12:30



Bingo!

**\$0.25/card
per game**

Easy slide window cards!

GO4LIFE Family Fun Walk

Friday, September 20 at 5:00 pm at Central Park. Join us along with our partners at Clinton Parks & Recreation for a great time! Call for more information !

Introduction to Genealogy

with William Holman.

Tuesday, October 15 at 10:00



Friendly Visitor Program

The Friendly Visitor Program provides "social visits" by screened and trained volunteers to homebound seniors. The purpose of this volunteer program is to alleviate the loneliness and isolation of our seniors by developing a companionship.

978-345-8501 x 2



Please contact Sherri for details at
978-733-4747 ext. 304.

VOLUNTEERISM

There are many opportunities that await you!

Friendly Visitors
Make Phone Calls
Meals on Wheels Drivers
Kitchen Help
Office Work
Program Leader
and so much more!!!
Call Sherri at 978-733-4747
ext. 304 for more information.





District Director, Christy Mylott
of Senator Dean Tran's office
hosts
"Office Hours" Tuesdays
at 10 am in the
Resource Room
on 2nd floor.

If you have any questions or
suggestions, stop by and visit.



September/October Meals

Center Meals are meals made on site at the
Clinton Senior Center by our Meal Site
Manager and Kitchen Volunteers

Advance ticket purchase is required.**

\$5.00 per meal ticket –see receptionist

(Meals include a drink and dessert.)



Rincon Latino

1er y 3er Martes de cada mes
Conversamos sobre la salud
Domino, Karaoke y Bingo
9:30 am a 11:30 am
Ven y Diviértete!



September 4– Pulled Pork Sandwiches
September 11– Macaroni & Cheese with Ham
September 18– National Cheeseburger Day
September 25– Stuffed Pork Chops
October 2– Chicken Parmesan
October 9– Steak & Cheese Subs
October 16– Meatloaf Dinner
October 23– Stuffed Shells
October 30– Halloween Special

***must be purchased by noon on the Monday prior to
Wednesday meal date.*

*Sponsored meals are no charge, but reservations are
required due to limited seating.*

Interested in sponsoring a "Center Meal"?

Call Steph at 978-733-4747 ext. 305 for more information.



Clinton Senior Center Van Services through the
Hours of operation are 8:15 AM to 2:30 PM

In Town- Clinton trips Monday-Friday, are "no fee" for Clinton seniors
and those w/ disabilities.

Out of Town- Monday- Lancaster & Sterling, (\$3.50) Leominster (\$4.00 fee)
(Please schedule your appointment times between 9 am-12 pm)

Out of Town Tuesday-Bolton Primary Care Physicians only (Please book your appointments
between 9 am and 12:00 pm (\$3.50 fee)

Wednesday and Friday- Worcester (\$4.50 fee) (Please schedule your appointment times between
9 am-12 pm)

Due to the lack of primary care physicians in Clinton, we will be providing transportation to the
Bolton Primary Care Physicians on Tuesdays only.

Please book your medical appointments between 9 am and 12:00 pm (\$3.50 fee)

The van service is available for rides to Oakdale Nursing Home on Mondays.

ALL VAN SERVICE REQUIRES A MINIMUM OF 48 HOUR ADVANCE NOTICE excluding weekends &
holidays.



THE CLINTON SENIOR CENTER

IN MEMORIAM

In loving memory of
Dominic Mario Joseph Pasquale Angelini
requested by Michael O'Malley

In loving memory of
Dominic Mario Joseph Pasquale Angelini
requested by GenRad Company

In loving memory of
Dominic Mario Joseph Pasquale Angelini
requested by The Friends of the Clinton
Senior Center

In loving memory of **Caroline Vattes**
requested by Clinton Senior Center's Tuesday
Art Class

In loving memory of **Caroline Vattes**
requested by Kathleen DuVarney

In loving memory of **Caroline Vattes**
requested by Catherine Tambolleo

In loving memory of **Caroline Vattes**
requested by Elaine Rauscher

In loving memory of **Viola Bourakis**
requested by Clementina Marcinczyk

In loving memory of **Mandy Sladen**
requested by a Friend

In loving memory of **Mandy Sladen**
requested by Carol Martin

In loving memory of **John Champagne**
requested by Debra Goodsell

Building Fund donation from the **Class of 1969**

Building Fund donation from
Kathleen Duvarney

Thank you to those who continue
to donate to the
Clinton Senior Center Building Fund and
to "The Friends" of the Clinton Senior Center.

Your gifts are greatly appreciated.



Bereavement Support

Chaplain Clyde Wheatley of
Brookhaven Hospice
will host a
Bereavement Support Group

September 26 & October 24
from 2:00 pm-4:00pm

This is a time for you to be able to express
your grief and sadness and talk about ways of
finding hope.

Caregiver's Connect

**Monthly "connects" are open to all area
Caregivers**

*(co-sponsored by the Clinton and
Sterling Council on Aging)*

Reasons for Caregivers to Connect

- #1 Safe Place to Vent
- #2 Learn Tips from Experienced Caregivers
- #3 Make New Friends
- #4 Know You're Not Alone
- #5 Build a Bigger Support Circle

**Clinton Senior Center -
Monday Sept. 30 from 9:30-11:00**

**Sterling Senior Center-
Monday Oct. 28 from 9:30-11:00**

For more details please call Clinton Senior Center at
978-733-4747 or

Sterling Senior Center at 978-422-3032

SHINE COUNSELING

A SHINE (Serving Health Insurance Needs of
Seniors) counselor will be available to
discuss your health insurance needs on

Wednesdays—

**September 4, September 18, October 2,
October 16 & October 30.**

Appointments are required.

**Please call the Senior Center at
978-733-4747 to book your appointment.**

This program is funded in part by ACL Grant No. 90MP0097

CLINTON COUNCIL ON AGING

271 Church Street

Clinton, MA 01510

978-733-4747 fax 978-365-9416

Email: seniorcenter@clintonma.gov



"LIKE" us on Facebook
CLINTON SENIOR CENTER
"It's Our Time"
to get the latest updates.

Non-Profit Org.

U.S. Postage

PAID

Permit No. 08

Clinton, MA 01510

September/October 2019



**Halloween
Magic with
Fran Flynn**

**October 25th
from 4-6 pm**

Seniors call 978-733-4747 x 307 to register your Little Goblins. Children 12 and under receive a Halloween Treat Bag.

Trouble Sleeping?

Learn reasons why you may not getting a good night sleep and methods to improve our sleep habits.



September 24th at 10:00

***Presented by
Mass Lung & Allergy Sleep Center***

or current resident

**MGM CASINO
In Springfield
September 9th**

\$20 pp includes
transportation,

\$20 free Slot Play and \$20

South End Market for lunch.

Bus leaves at 9 am & Returns at 4 pm

Limited seating!



P | E | M

Peabody Essex Museum

**Peabody-Essex
Museum
in Salem**

**October 17th
\$35 pp****

Bus leaves at 9 am & Returns at 4 pm

**Trip includes transportation, admission to museum and lunch.

*This trip is sponsored in part by a
Clinton Cultural Council grant.*

**You don't have to
navigate Medicare alone?**

presentation by
Integrity Medicare Advisors
with Keith Aubin

September 4 at 1:00pm

What to Know...Before You Go!

Don't leave your final arrangements for someone else to decide or guess what you would have wanted, find out what your options are and how to secure your wishes.

Presented by Tom Comeau of Philbin Comeau Funeral Home.

October 2 at 10:00 am

**Estate Planning with
Attorney Bill O'Neil**

**Tuesday,
September
17th at 10:30
am.**

**Call or stop by
to register.**

